

GROOVE

Choreographed by Marc Mitchell



Description: 32 count, 4 wall, improver R&B - Soul line dance

Music: Groove with me by Gareth Gates

Intro: 32 counts

Direction: CCW

WALK FORWARD RIGHT, LEFT, OUT, OUT, IN, WALK LEFT, RIGHT, OUT, OUT, IN

1-2& Step right forward, step left forward, step right out to side

3-4 Recover side left, step right together

5-6& Step left forward, step right forward, step left out to side

7-8 Recover side right, step left together

PADDLE 1/8 TURN LEFT X 2, RIGHT LOCK STEP, LEFT SIDE MAMBO

1-4 Step right forward, pivot 1/8 turn X2 towards left

5&6 Step right forward diagonal, step left behind, step right forward

7&8 Step left to side, recover right, step left together

OUT, OUT, CLAP, IN, IN, CLAP, HIPS BUMPS TO RIGHT X4 CLOCKWISE

&1-2 Step out right forward, step left to side, hold & clap

&3-4 Step in right back, step left together, hold & clap

5&6& Bump right hip up diagonal, recover left, bump right hip up, recover left

7&8& Bump right hip up diagonal, recover left, bump right hip up, recover left

RIGHT VOLTAS (STEP, BALL) X 4 FOR 1/4 TURN TRAVELLING TO RIGHT, ROCK FORWARD, RECOVER, SAILOR STEP 1/4 TURN LEFT

1&2& Step right forward turning 1/16 right, touch left behind, repeat both steps

3&4 Step right forward turning 1/16 right, touch left behind, step right forward

5-6 Rock left forward, recover right

7&8 Sweep left behind right with 1/4 turn to left, step right together, step left forward

***RESTART:** Wall 4 facing 3.00 after 16 counts (Restart facing 12.00)

***ENDING:** Wall 12 facing 3.00 after 20 counts. On count 18: Jump back with arms out, palms facing down.

***WALL SEQUENCE:** 12,9,6,3,12,9,6,3,12,9,6,3